



Social Prescribing in Saskatchewan

Social Prescribing in Saskatchewan - Community



As part of our commitment to promoting health and community well-being, we are pleased to introduce you to the concept of social prescribing.

What is Social Prescribing?

Social prescribing is a form of community health practice supporting healthcare professionals to connect patients with local, non-clinical services. Social prescriptions are sent to the local “Community Connector” who works closely with the client to develop their health and well-being?

The Community Connector will help the individual connect to services, supports and programs identified in the health and well-being plan. Participation in activities such as low impact sports, volunteering, arts, gardening, book clubs, and more, all enhance our well-being and reduce dependency on medical services.

Health extends beyond purely medical considerations. These are commonly referred to as the Social Determinants of Health:

- Healthcare access, finances, housing, community and social context, employment, physical health and physical environment.
- Social prescribing addresses these individual needs in a holistic manner.

Why does Social Prescribing Matter?

Community centered approaches to health and well-being have been proven effective in delivering positive and sustained outcomes for a diverse array of individuals. By fostering social connections, providing support, and providing self-empowerment, social prescribing contributes to reducing health inequalities within our communities.

Who Can Get A Referral?

Currently the initiative is specifically for older adults 55+, but in the future we hope to see more Community Connectors supporting more clients in more contexts!

How Do You Get Referred?

A referral to a Community Connector can be sent from a doctor, nurse practitioner, homecare staff, community paramedics, pharmacists, EMT/Firefighters. For more information, please contact your local Community Connector.



How Can You Get Involved?

As a valued member of your healthcare network, or community services provider, your role is crucial. You can advocate for social prescribing and encourage its adoption. Together we can make a positive impact in our communities.

For More information visit: https://skseniorsmechanism.ca/social_prescribing/

